

## Abstract of the Disclosure

Yoga Sandal with a sole portion, an elastic foot covering portion and a rear strap portion. The sole portion is flexible, thin and has a non slip surface that makes contact with the floor., The sole portion covers the arch and ball area of the user's foot, but not the toe and heel area The elastic foot covering portion is attached to the sole portion at each side edge of the sole so that the foot covering portion fits snugly on the top central portion of the user's foot. The strap portion is attached to the rear edge of each side of the elastic foot covering so that the strap can retain the user's foot within the sandal. The sandal can removably retain an orthotic device to provide arch support, and or metatarsal support.